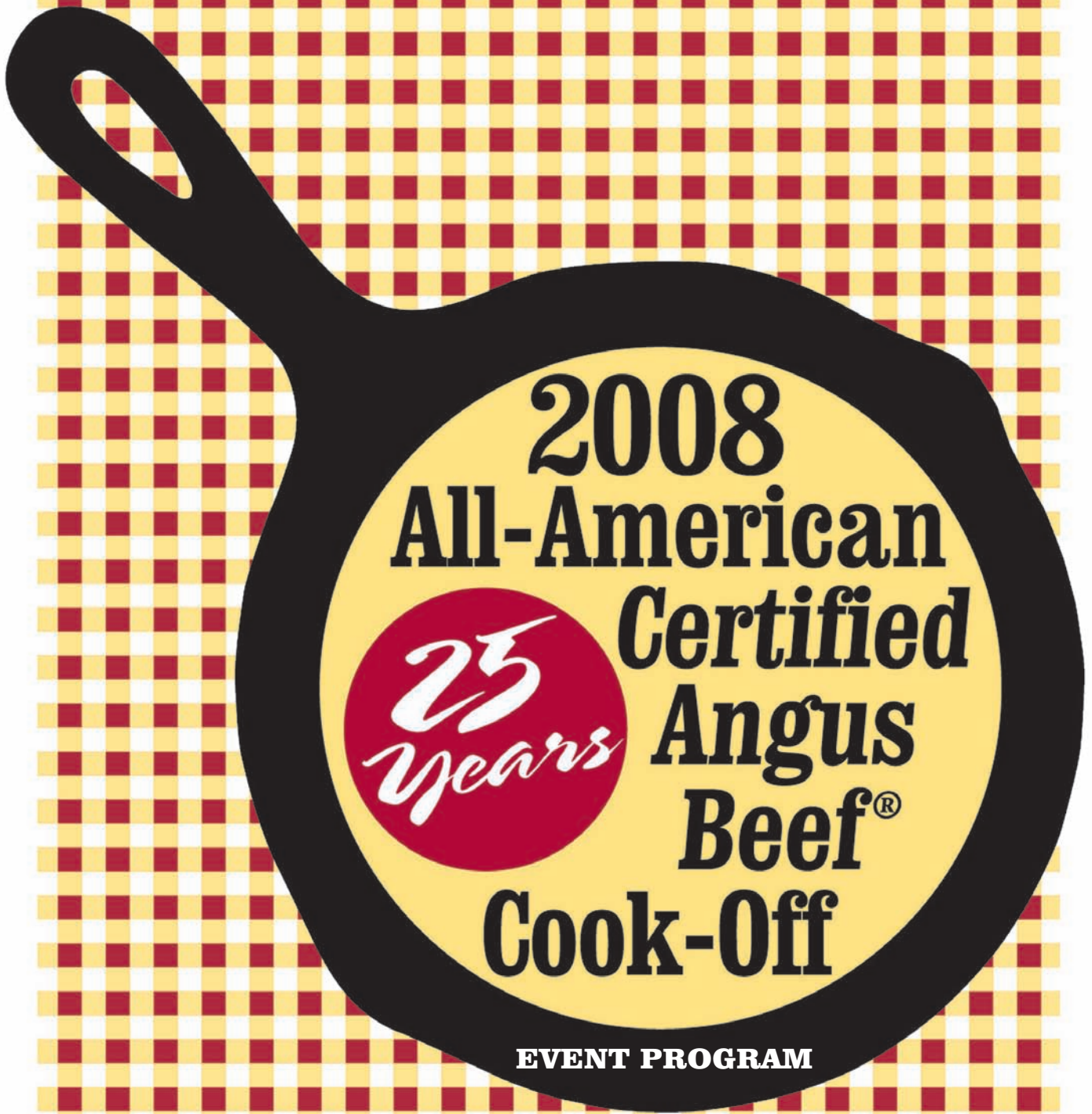


**THE 25TH ANNUAL**



*In conjunction with the*

**2008 NATIONAL JUNIOR ANGUS SHOW**

*Des Moines, Iowa*

**Editor's Note:** The following event program reflects all junior entries in the 2008 Cook-Off. Not all teams competed. Contest results will be reported in September.

The American Angus Auxiliary and the National Junior Angus Association (NJAA) are delighted to welcome you to the 25th Auxiliary-sponsored All-American Certified Angus Beef® (CAB®) Cook-Off in conjunction with the National Junior Angus Show (NJAS).

Since the first event in Des Moines, Iowa, in 1983, cooks have competed in Springfield, Ill. (1986); Springfield, Mo. (1988); Louisville, Ky. (1989, 1995, 2003); Omaha, Neb. (1990); Milwaukee, Wis. (1991, 2002); Columbus, Ohio (1992); Wichita, Kan. (1993); Des Moines, Iowa (1994, 2000, 2008); Kansas City, Mo. (1996, 2004); Perry, Ga. (1997); Denver, Colo. (2001, 2005); Indianapolis, Ind. (1987, 1998, 2006); and Tulsa, Okla. (1985, 1999, 2007).

The Cook-Off is conducted under the direction of the Beef Education Committee of the American Angus



Auxiliary. It was started as an educational project, as well as for entertainment.

Junior teams give skits on beef education to tie in with the theme of their entries. Adults also are encouraged to enter and to use their imaginations for entry themes.

In honor of the 25th anniversary of the Cook-Off, entries this year include steak, roast and other beef categories.

Anne Patton Schubert, Taylorsville, Ky., and Anne Lampe, Scott City, Kan., serve as co-chairwomen of the event.

Jennifer Bremer, Redfield, Iowa, serves as the local contact for the 2008 contest.

In conjunction with the **NATIONAL JUNIOR ANGUS SHOW** Des Moines, Iowa • July 15, 2008

### Thanks to the following for donations and assistance to the contest.

- ▶ **Members of the Paul St. Blanc family**, who established the Black Kettle Award in his memory, and friends who contributed to the fund to make the award (now given for the ninth time) possible.
- ▶ **Members of the Pat Grote family**, who are awarding registration fees to the Leaders Engaged in Angus Development (LEAD) Conference to the intermediate steak team overall winner. The award is presented in memory of Pat Grote, a former American Angus Auxiliary president and long-time supporter of the Cook-Off contest. This is the fourth time this award will be presented.
- ▶ **Werner Angus, Cordova, Ill.**, for sponsoring custom-designed T-shirts for each contestant.
- ▶ **Friends of the Black Kettle** and the **Kentucky Angus Association** for awards.
- ▶ **Sysco Food Services of Iowa Inc.** for its sponsorship of the contest.
- ▶ **Lance Zimmerman**, CAB Supply Development Division marketing manager, and **Marilyn Conley**, for providing awards, products and encouragement.
- ▶ The **many volunteers** who helped provide grills, microwaves and assistance.
- ▶ The **American Angus Auxiliary** for assistance during the event and for awards.
- ▶ **Linda Robbins** and the **Angus Journal editorial staff**, who helped produce this recipe booklet.
- ▶ The contestants, audience and many volunteers who make this contest possible each year.

### 2008 All-American Certified Angus Beef® Cook-Off contest judges

**Tom Burke**  
American Angus Hall of Fame  
Box 660  
Smithville, MO 64089

**Glen Grote**  
Previous Cook-Off winner  
Rt. 1 Box 37  
Bennington, OK 74723

**Mike Myers**  
Myers Grill & Catering  
303 S. Highland  
Williamsburg, IA 52361

**Ken Root**  
Lead Farm Broadcaster, WHO Radio  
2141 Grand Ave.  
Des Moines, IA 50312

**Jon Davis**  
Champion Hill  
11503 State Rd. 554  
Bidwell, OH 46514

**Dean & Gloria Hurlbut**  
Former American Angus Association  
director of activities; former  
American Angus Association breed  
improvement supervisor  
3519 Emerald Ln.

**Dave Nichols**  
Nichols Farms  
2188 Clay Ave.  
Bridgewater, IA 50837

**Vicki Smith**  
Horn Springs Angus Farm  
5171 Cainsville Rd.  
Lebanon, TN 37090

**Nancy Degner**  
Iowa Beef Industry Council  
PO Box 451  
Ames, IA 50010

Saint Joseph, MO 64506

**Ardyce O'Neill**  
Previous Cook-Off winner  
3270 Reading Trail  
Logan, IA 51546

**Elizabeth Werner**  
Werner Angus  
14919 277th St. North  
Cordova, IL 61242



# ROAST COMPETITION

## Nebraska School Days Beef Sandwich

10- to 20-lb. CAB® beef chuck, rump or arm roast    garlic salt

Place the roast in an electric roaster and bake at 300° F for 12 hours.

Cool slightly. Remove any fat from the meat, and let the meat fall apart or slice any large pieces.

Place the drippings into the refrigerator until cold. Discard the top layer of fat. Reheat the remaining juice and add 3 Tbs. garlic salt (more or less to your taste). Freeze.

When ready to serve, reheat in oven or slow cooker and serve on hamburger buns.

Serves approximately 50-75. The recipe can be reduced in size using a 3- to 4-lb. roast.

### Team Information

Division: **9 to 13**

State: **Nebraska**

Team Members:

**Michaela Clowser**, *Milford*

**Caylie Egger**, *Columbus*

**Torie Egger**, *Columbus*

**Savannah Schafer**, *Nehawka*

**Hannah Uden**, *Franklin*

## Fiesta Roast

3-lb. CAB® chuck roast

1 can Ro-Tel®

1 pkg. burrito seasoning

1 medium onion, sliced thin

salt and pepper to taste

10 warm soft tortilla shells

Place sliced onion in bottom of slow cooker and add Ro-Tel. Rub burrito seasoning on roast and top with salt and pepper. Place roast in slow cooker. Sprinkle extra seasoning over roast. Cook 7-8 hours.

Makes filling for approximately 10 soft shells.

### Team Information

Division: **9 to 13**

State: **South Dakota**

Team Members:

**Brittany Bush**, *Britton*

**Tyler Bush**, *Britton*

**Kylee Geppert**, *Mitchell*

**Christina Mogck**, *Olivet*

**Alex Rogen**, *Brandon*

## Zesty CAB® Barbecue Beef

3-lb. CAB® chuck roast

½ Vidalia® onion, sliced

1 tsp. ground pepper

1 tsp. salt

1 tsp. Mrs. Dash® Table Blend seasoning

¾ cup Open Pit® original flavor barbecue sauce

½ tsp. mustard

½ cup brown sugar

To prepare the roast, slice the onion into ½-in. slices. Mix together the seasoning blend, pepper and salt. Rub roast with mixture. Pour 2 cups of water into slow cooker. Add the roast, topping it with sliced onions. Cook on medium for 4-5 hours.

To prepare sauce, mix the barbecue sauce, brown sugar and mustard in a bowl.

Remove the roast from the slow cooker and shred. Wash slow cooker and put shredded meat into it. Add the barbecue mixture and stir. Cook on low heat for 1 hour.

Spoon meat onto bun and serve open-face with lettuce salad and SunChips®

### Team Information

Division: **14 to 17**

State: **Michigan**

Team Members:

**Justin Kennedy**, *Nashville*

**Dee Anne Merriman**, *Lowell*

**Rachel Reid**, *Eaton Rapids*

**Chelsea Ruggles**, *Kingston*

**Patricia Vaassen**, *Ann Arbor*





# ROAST COMPETITION

## CAB® Favorite Beef Brisket

4-lb. CAB® brisket	1 Tbs. black pepper, coarsely ground
2 Tbs. chili powder	1 Tbs. sugar
2 Tbs. salt	2 tsp. dry mustard
1 Tbs. garlic powder	1 bay leaf, crushed
1 Tbs. onion powder	1 can (10-oz.) beef broth

Make a dry rub by combining chili powder, salt, garlic powder, onion powder, black pepper, sugar, dry mustard and crushed bay leaf. Season the raw brisket on both sides with the rub. Place in a sealed plastic bag overnight. Remove brisket from plastic bag and place on rack in roasting pan. Roast, uncovered, for 1 hour at 350° F.

Add the beef broth and enough water to make ½-in. liquid in roasting pan. Cover pan tightly, lower oven temperature to 300° and continue cooking for 3 hours or until fork tender. Slice meat thinly across the grain. Make gravy from pan drippings by mixing 3 Tbs. cornstarch with ½ cup cold water for each cup of pan drippings. Stir cornstarch mixture into pan drippings. Cook and stir until desired thickness. To serve, pour gravy over sliced brisket on serving plate.

### Team Information

Division: **14 to 17**

State: **Minnesota**

Team Members:

**Betsy Hansen**, Marshall  
**Jorli Hauge**, Winona  
**Andrew Scholtz**, Comfrey  
**Emily Scholtz**, Comfrey  
**Alissa Stai**, New London  
**Taylor Waugh**, Goodhue

## Chuck Roast with Vegetable Pudding

3-lb. boneless CAB® chuck roast	½ cup celery, chopped
3 Tbs. Minute® tapioca	1 cup water
1 large can diced tomatoes	1 onion, chopped
3 Tbs. sugar	1 green pepper, diced
4 carrots, chunked	salt to taste
5 potatoes, cut into large chunks	garlic to taste
1½ slices white bread, torn into small pieces	V8® juice as needed

Do not brown roast. Place roast in bottom of baking pan. Add all other ingredients around roast. Bake, covered, at 350° F for 4 hours, stirring every 30 minutes. Add V8 juice as needed. Let sit for 30 minutes to enhance flavor. Serve immediately.

### Team Information

Division: **14 to 17**

State: **Missouri**

Team Members:

**Erica Atkinson**, Walnut Grove  
**Taylor Short**, Ava  
**Forrest Thompson**,  
Mount Vernon  
**Cameron Ward**, Plattsburg  
**Shannon Yokley**,  
Jefferson City



The brand that pays.™

In 1978 the Certified Angus Beef program was established with a mission:  
**to increase demand for registered Angus cattle through a specification-based, branded beef program to identify consistent beef with superior taste.**

Today that mission is being accomplished. More than 13,500 businesses market the *Certified Angus Beef*® (CAB®) brand in more than 30 countries, including the United States. Licensed packers have paid more than \$200 million in grid premiums since 1998 for finished cattle with carcasses that qualify for the brand. Additional benefits are garnered in premiums for known-Angus calves at the sale barn.

Visit [www.cabpartners.com](http://www.cabpartners.com) for more information on aiming high for the CAB® target and for a list of licensed feedlots.



To order product or to find a CAB-licensed retailer or restaurant near you, visit  
[www.certifiedangusbeef.com](http://www.certifiedangusbeef.com).



# ROAST COMPETITION

## Chipotle Beef Kabobs with Chimichurri Sauce

2-lb. CAB® chuck roast, trimmed  
and cut 1-in. thick  
1½ cup grapefruit juice  
⅓ cup soy sauce  
⅓ cup honey  
1 clove garlic, mashed  
1 tsp. salt  
½ to 1 tsp. chipotle chili powder

**Chimichurri sauce:**  
1 stick butter, softened  
3 Tbs. green onion, minced  
1 tsp. fresh cilantro, minced  
1 Tbs. chipotle peppers in adobo sauce, minced  
2 Tbs. fresh lime juice

**Vegetables:**  
onion slices  
green pepper slices  
4-6 whole button mushrooms

Combine juice, soy sauce, honey, garlic, salt and chipotle chili powder in nonreactive dish or sealable food storage bag. Stir to blend well. Add meat cubes and marinate sealed or covered in refrigerator for several hours or overnight, turning occasionally to keep meat coated.

When ready to cook kabobs, alternately thread skewers with the cubes of meat, alternating with vegetables onto four 12-in. metal skewers. Grill for 14-18 minutes for medium-rare to medium doneness, turning once.

Meanwhile, prepare chimichurri sauce. Place cilantro, garlic, salt and chipotle peppers in food processor container. Cover; process until chopped. While running food processor, slowly add butter and lime juice through opening in cover, processing until blended.

Remove kabobs from grill and season with salt, as desired. Serve kabobs with chimichurri sauce. Garnish with parsley sprigs, if desired.

### Team Information

Division: **18 to 21**

State: **Oklahoma**

Team Members:

**Josh Goff, Jay**  
**Jacee May, Stillwater**  
**Rebecca Park, Orlando**  
**Kelsey Pfeiffer, Orlando**  
**Karisa Pfeiffer, Orlando**  
**Kassandra Pfeiffer, Orlando**

## Old-Fashioned Beef Pot Pie

2-lb. CAB® chuck roast or stewing beef  
6 cups water  
1½ tsp. salt  
4 medium-sized potatoes  
½ cup diced carrots  
2 cups flour  
1 egg

1 tsp. baking powder  
½ tsp. salt  
1 Tbs. butter  
3 Tbs. milk or water  
1 tsp. onion, minced  
1 tsp. parsley, minced

Cook meat in salt water until it is tender. Remove meat from broth; add minced onion and parsley to broth. Bring to a boil and add alternate layers of cubed potatoes, carrots and squares of dough.

To make pot pie dough, beat egg and add milk and butter. Add flour mixture to make a stiff dough. Roll out paper-thin and cut in 1-inch squares. Keep broth boiling while adding dough squares in order to keep them from packing together.

Cover and cook for 20 minutes, adding more beef broth or water if needed. Add meat and stir through pot pie.

Serves 6 to 8.

### Team Information

Division: **18 to 21**

State: **Pennsylvania**

Team Members:

**Katrina Frey, Quarryville**  
**Denton Grim, East Berlin**  
**Hannah Grim, East Berlin**  
**Cory Thompson, Wellsville**  
**Jaclyn Upperman,**  
*Chambersburg*  
**Lindsay Upperman,**  
*Chambersburg*



# ROAST COMPETITION

## Wild Mushroom Beef Stew

- |   |  |
|---|--|
| 2-lb. CAB® bottom round roast,<br>cut into 1-in. pieces | 2 cloves garlic, minced  |
| ¼ cup all-purpose flour                                 | 1 lb. red-skinned potatoes, (1½-in. diameter),<br>cut into quarters                          |
| 1 tsp. salt   | 8 oz. assorted mushrooms, such as shiitake,<br>cremini, oyster and button, cut into quarters |
| ½ tsp. black pepper                                     | 1 cup baby carrots   |
| ½ tsp. dried thyme leaves, crushed                      | fresh parsley (optional)   |
| 1 cup ready-to-serve beef broth                         |  |
| ¼ cup tomato paste                                      |  |

Combine flour, salt, pepper and thyme in small bowl. Place beef in 4½- to 5½-quart slow cooker. Sprinkle with flour mixture; toss to coat.

Combine broth, tomato paste and garlic in small bowl; mix well. Add to beef. Add potatoes, mushrooms and carrots; mix well.

Cover and cook on high heat 5-6 hours or on low heat 8-9 hours until beef and vegetables are tender. No stirring is necessary during cooking. Stir well before serving. Garnish with parsley, if desired.

Makes 6 servings (about 1½ cups each).

### Team Information

Division: **18 to 21**

State: **Texas**

Team Members:

**Gretchen Ettredge,**  
*Pilot Point*

**Katy Satee,** *Montague*

## ANGUS BEEF CHART

### CHUCK

#### BONELESS TOP BLADE STEAK

*Braise, Panfry*

#### ARM POT ROAST

*Braise*

#### BONELESS CHUCK POT ROAST

*Braise*

#### CROSS RIB POT ROAST

*Braise*

#### MOCK TENDER

*Braise*

#### 7-BONE POT ROAST

*Braise*

#### BLADE ROAST

*Braise*

#### UNDER BLADE POT ROAST

*Braise, Roast*

#### SHORT RIBS

*Braise, Cook in Liquid*

#### FLANKEN-STYLE RIBS

*Braise, Cook in Liquid*

### BRISKET & FORE SHANK

#### SHANK CROSS CUT

*Braise, Cook in Liquid*

#### BRISKET, WHOLE

*Braise, Cook in Liquid*

#### CORNED BRISKET, POINT HALF

*Braise, Cook in Liquid*

#### BRISKET, FLAT HALF

*Braise*

### RIB

#### RIB STEAK, SMALL END

*Broil, Panbroil, Panfry*

#### RIBEYE ROAST

*Roast*

#### RIBEYE STEAK

*Broil, Panbroil, Panfry*

#### BACK RIBS

*Braise, Cook in Liquid, Roast*

### SHORT LOIN

#### PORTERHOUSE STEAK

*Broil, Panbroil, Panfry*

#### TENDERLOIN ROAST

*Roast, Broil*

#### TENDERLOIN STEAK

*Broil, Panbroil, Panfry*

### SHORT PLATE & FLANK

#### FLANK STEAK

*Broil, Braise, Panfry*

#### FLANK STEAK ROLLS

*Braise, Broil, Panbroil, Panfry*

#### SKIRT STEAK (FAJITA MEAT)

*Braise, Broil, Panbroil, Panfry*

### SIRLOIN

#### SIRLOIN STEAK, ROUND BONE

*Broil, Panbroil, Panfry*

#### TOP SIRLOIN STEAK

*Broil, Panbroil, Panfry*

### ROUND

#### TOP ROUND STEAK

*Broil, Panbroil, Panfry*

#### BONELESS RUMP ROAST

*Roast, Braise*

#### BOTTOM ROUND ROAST

*Braise, Roast*

#### TIP ROAST, CAP OFF

*Roast, Braise*

#### EYE ROUND ROAST

*Braise, Roast*

#### TIP STEAK

*Broil, Panbroil, Panfry*

### OTHER CUTS

#### GROUND BEEF

*Broil, Panfry, Panbroil, Roast*

#### CUBED STEAK

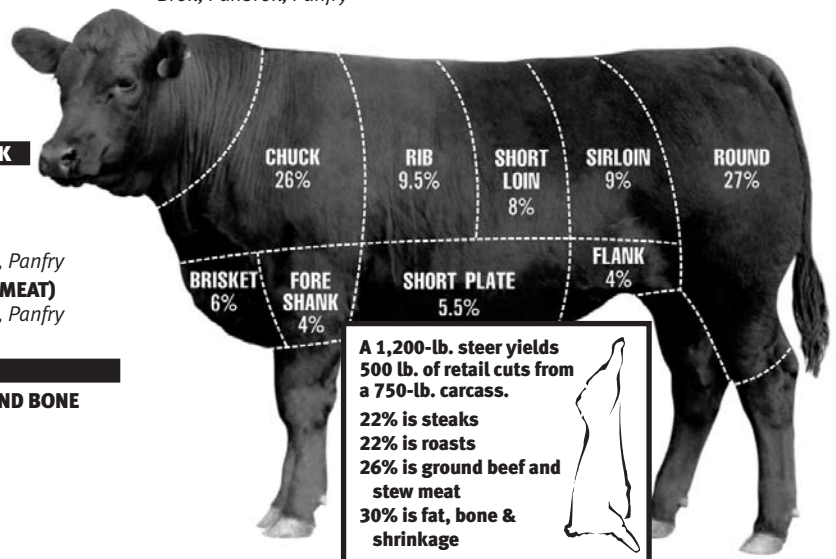
*Panfry, Braise*

#### BEEF FOR STEW

*Braise, Cook in Liquid*

#### CUBES FOR KABOBS

*Broil, Braise*



A 1,200-lb. steer yields 500 lb. of retail cuts from a 750-lb. carcass.

22% is steaks  
22% is roasts  
26% is ground beef and stew meat  
30% is fat, bone & shrinkage





# STEAK COMPETITION

## Beef Sirloin Kabobs

2 lb. CAB® sirloin, cut into 1½-in. cubes  
1 cup Italian dressing  
¾ cup Dale's Steak Seasoning  
black pepper

2 whole green bell peppers  
2 whole red bell peppers  
4 Vidalia® onions  
1 pkg. wooden skewers

1. Place meat in bowl and add Italian dressing and steak seasoning. Cover and refrigerate for about 1 hour or more.
  2. Start grill.
  3. Wash and cut up peppers and onions in approximately 2-in. pieces.
  4. Spread coals and begin placing the beef, peppers and onions on skewers, alternating each one until full.
  5. Place kabobs on grill and cook about 10 minutes or according to desired doneness.
- Suggested side dishes: corn-on-the-cob and watermelon slices.

### Team Information

Division: **9 to 13**

State: **Georgia**

Team Members:

**Mekayla McIver**, *Wray*  
**Emily Ricketson**, *Broxtown*  
**Drew Williams**, *Milan*

## Balsamic Parmesan Steak

4 CAB® strip steaks, 1¼-in. thick

**Marinade:**  
½ cup balsamic vinegar

¼ cup olive oil  
⅓ cup grated Parmesan cheese  
½ tsp. granulated garlic

Mix marinade ingredients in a glass or plastic container with a lid. Place steaks in marinade and marinate 8 hours or overnight. Grill steaks over medium fire until desired doneness. Serve with fresh salad and baked potato or pasta salad.

**Note:** Other cuts of steak — such as ribeye, sirloin or filets — work well with this marinade.

### Team Information

Division: **9 to 13**

State: **Illinois**

Team Members:

**Laramie Chaffin**, *Roodhouse*  
**Sierra Day**, *Cerro Gordo*  
**Erica Harrell**, *Roseville*  
**Preston Scott**, *Tremont*  
**Ashley McEwen**, *Bushnell*  
**Mitchell McEwen**, *Bushnell*

## Superhero CAB® Sizzling Steak

3 CAB® New York strip steaks, cut 1-in. thick  
2 large cloves garlic, coarsely chopped  
1 tsp. pepper, coarsely ground

½ tsp. salt  
2 cups beef broth  
2 tsp. Dijon-style mustard

To prepare steak, mix together the garlic, pepper and salt. Rub each steak on both sides, and press the mixture into the steak. Let stand while making sauce.

To prepare sauce, add the broth to a medium-sized skillet and stir. Cook on high heat for 4-5 minutes. Whisk in Dijon-style mustard; keep warm.

To cook, preheat the broiler on high setting (425° F). Place steaks on an unheated broiler pan. Broil 3-4 in. from heat according to the following chart, turning only once:

Medium-rare	4-5 minutes per side
Medium	5-6 minutes per side
Medium-well	6-7 minutes per side

To present, spoon warm sauce on serving plate. Cut steak in half crosswise. Arrange steak halves on top of sauce. Garnish with broiled asparagus. Serve with mandarin mixed green salad, roll and butter.

### Team Information

Division: **9 to 13**

State: **Michigan**

Team Members:

**Claudia Albrecht**, *Kingston*  
**Hayley Albrecht**, *Kingston*  
**Kollin Johnson**, *Quincy*  
**Dylan Kennedy**, *Nashville*  
**Justin Ruggles**, *Kingston*  
**Kyle Ruggles**, *Kingston*

CONTINUED ON PAGE 266





# STEAK COMPETITION

## Grilled Southwestern Smart Steak with Colorful Vegetables

4 CAB® sirloin steaks, cut 1¼-in. thick

### Marinade:

- ¼ cup fresh lime juice
- ¼ cup prepared mild salsa
- 1 Tbs. chopped garlic
- 1 Tbs. olive oil
- ½ tsp. coarse black pepper

### Colorful vegetables:

- 2 Tbs. olive oil

- 1 medium green pepper, cut into ¼-in. strips
- 1 medium red or yellow pepper, cut into ¼-in. strips
- 8 oz. button mushrooms, sliced ¼-in. thick
- 2 cups zucchini, sliced ¼-in. thick
- dash of cumin
- ½ tsp. salt
- ¼ tsp. coarse black pepper
- 1 cup finely chopped tomatoes
- ¼ cup chopped green onions

1. Combine marinade ingredients in an air-tight container. Place CAB steaks in container. Close and marinate in refrigerator for at least 6 hours or overnight, turning occasionally.
2. Remove steak from marinade; discard marinade. Place steaks on grill over medium, ash-covered coals. Grill, uncovered, 16-18 minutes for medium-rare doneness, turning once.
3. Meanwhile, prepare colorful vegetables. Heat olive oil in a large nonstick skillet over medium-high heat. Add bell pepper strips; cook and stir 1-2 minutes or until crisp-tender. Add mushrooms, zucchini, cumin, salt and black pepper; cook and stir 1-2 minutes or until crisp-tender. Add tomato and green onion; cook and stir 1 minute.
4. Carve steak into thin slices; season with salt, as desired. Serve with colorful vegetables. Makes 4 servings.

### Team Information

Division: **9 to 13**

State: **Missouri**

Team Members:

- Brittany Eagleburger**,  
*Buffalo*
- Madison Gooden**, *Iberia*
- Jera Pipkin**, *Republic*
- Layne Robinson**, *Wellsville*
- Katey Smith**, *West Plains*
- Carter Ward**, *Plattsburg*

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# STEAK COMPETITION

## CAB® Ribeye Steaks with Red Chili Onion Rings

4 CAB® steaks, cut 1½-in. thick  
Jim Baldrige's Secret Seasoning

### Salsa:

2 small red onions, diced  
2 lb. tomatoes, cut into ¼-in. pieces  
6 Tbs. fresh lime juice  
6 Tbs. fresh cilantro, finely chopped  
2 Tbs. jalapeño chile peppers, finely chopped and seeded  
2 Tbs. olive oil  
Salt to taste

### Onion rings:

4 white onions, cut into ¼- to ⅜-in.-wide rings  
3 cups milk  
3 cups sifted all-purpose flour  
½ cup chili powder  
2 Tbs. plus 2 tsp. cornstarch  
3 tsp. salt  
3 tsp. ground cumin  
2 tsp. sugar  
2 tsp. Jim Baldrige's Secret Seasoning  
Vegetable oil (for frying)

Sprinkle a generous amount of the Secret Seasoning on both sides of each steak. Let sit while heating grill and preparing salsa and onion ring ingredients.

Mix salsa ingredients together in a small bowl. Set aside. Prepare onion rings.

Pour milk into bowl. Add onion rings. Mix together dry ingredients and place in plastic bag. Remove onions from milk and place in bag and shake to coat. Heat oil for frying. Place steaks on medium-hot grill and grill to preferred doneness. When steaks are almost done, fry onion rings until golden brown. Plate steaks with salsa and onion rings; serve immediately. Salsa may be served warm or cold.

### Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

**Megan Fink**, *Randolph*  
**MacKenzie Flory**,  
*Baldwin City*  
**Cole Gardiner**, *Ashland*  
**Ransom Gardiner**, *Ashland*  
**Hannah McCabe**, *Elk City*  
**Tanner Rayl**, *Hutchinson*

## Berry Good Steak Salad

1½ lb. of your favorite CAB® cut of steak  
Montreal Steak Seasoning  
8 oz. balsamic vinaigrette (such as Newman's Own®)  
⅓ cup maple syrup  
4 oz. dried blueberries

4 oz. dried cranberries  
8 oz. washed baby spinach spring salad mix  
¾ cup roasted pine nuts  
½ cup Asiago cheese, freshly grated  
½ cup Romano cheese, freshly grated

Season selected cut of steak with Montreal Steak Seasoning. Grill until medium/medium-rare. While steak is grilling, arrange spring mix on serving platter, adding dried berries on top. Roast pine nuts in skillet until they are warm and have a light brown color to them.

When your steak is done cooking, slice into thin slices and arrange or lay slices on salad. Sprinkle cheese and pine nuts on top of steak. Mix maple syrup and vinaigrette and pour desired amount over salad. Serve with a crusty bread and enjoy!

Total preparation and cooking time is 30 minutes.

### Team Information

Division: **14 to 17**

State: **Maine/New Hampshire**

Team Members:

**Morgan Clauss**,  
*Lancaster, N.H.*  
**Cody Mills**, *Rockwood*  
**Tyler Stevenson**, *Thorndike*  
**Mackenzie White**, *Shapleigh*



# STEAK COMPETITION

## Mariann's Famous Island Tenderloin Steaks

4 CAB® tenderloin steaks, cut 1¼- to 1½-in. thick  
1 tsp. coarse black pepper  
1 tsp. garlic salt  
1 tsp. Canadian Steak Seasoning  
grilled pineapple slices  
island fruit garnish

Heat grill. While grill is heating, sprinkle black pepper and garlic salt over tenderloin steaks. Top with layer of Canadian Steak Seasoning.

Grill steaks until they reach medium-rare on a meat thermometer. Grill sliced pineapple. Arrange steaks with pineapple and island fruit garnish. Enjoy.

### Team Information

Division: **14 to 17**

State: **Ohio**

Team Members:

**Krystin Bachman**, Lancaster  
**Lauren Grimes**, Hillsboro  
**Lindsey Grimes**, Hillsboro  
**Bailey Harsh**, Radnor  
**William Harsh**, Radnor

## Grilled Ribeye with Barbecue Rub

2-4 CAB® ribeye steaks, well-trimmed and cut 1-in. thick (about 2-4 lb.)  
1 Tbs. ground cumin  
2 tsp. minced garlic  
2 tsp. cider vinegar  
1 tsp. Worcestershire sauce  
¼ tsp. ground red pepper  
**Barbecue rub:**  
2 Tbs. chili powder  
2 Tbs. packed brown sugar

Combine rub ingredients; press evenly onto steaks.

Place steaks on grill over medium, ash-covered coals. Grill, uncovered, 14-16 minutes for medium-rare to medium doneness, turning occasionally. Season with salt as desired.

### Team Information

Division: **14 to 17**

State: **Oklahoma**

Team Members:

**Logan Edmonds**, Morris  
**Amy Emberson**, Nowata  
**Jaryn Frey**, Kingfisher  
**Sydnee Gerken**, Cashion  
**Kolby Shepard**, Wellston  
**Cole Webster**, Morris

## Tenderloin Pita Pockets

1 lb. CAB® tenderloin steak, cut into lengthwise strips  
2 tsp. olive oil  
1 small onion, sliced and separated into rings  
½ green pepper, diced  
2 cloves garlic, minced  
½ tsp. dried oregano leaves  
4 pita pockets, cut in half

Combine oil, onion, green pepper, garlic and oregano in a nonstick frying pan and cook for 2-3 minutes. Add beef strips, brown all sides and season to taste. Place one-fourth of the meat mixture into a pita and top with sauce of your choice.

Makes 4 pitas.

### Team Information

Division: **14 to 17**

State: **Texas**

Team Members:

**Tyler Bond-Jones**, Bleiberville  
**Kyle Jones**, Bleiberville  
**Melanie Knighten**, Kountze  
**Stephanie Lastovica**, Salado  
**Clayton Schram**, Sealy



# STEAK COMPETITION

## Stuffed CAB® Tenderloin

1 CAB® tenderloin, 3-4 lb., or 4 tenderloin filet steaks, cut 2-in. thick  
salt, pepper, other seasonings to taste  
olive oil

### Stuffing:

5-6 oz. Pepperidge Farm stuffing mix  
1½ cups dried cherries  
1 oz. chopped walnuts  
1 oz. Gorgonzola cheese crumbles  
1 can (14 oz.) beef broth

To prepare stuffing, slightly reconstitute cherries by heating in a bowl with water for 1 minute in microwave oven. Drain cherries and mix all ingredients, adding broth gradually to reach a moist consistency. Bake extra stuffing for the meal if desired.

Heat grill to 500° F.

Coat the tenderloin with olive oil and season with salt, pepper and other seasonings of your preference. Place on hot grill and sear all sides well. Remove from heat and allow to rest for 15 minutes. Lower grill temperature to 400° F.

After meat has rested, using an 8-in. knife, carefully pierce the meat in the center of one end. Cut a hole through that side as far into the end as the knife will allow. Turn to the other end and repeat this process, until the hole extends all the way through the filet. Open the hole like a tunnel, being careful not to break through to the outside of the filet. Using small amounts at a time, stuff the stuffing mix into the tunnel opening from one end to the other.

Wrap the stuffed tenderloin in foil and return to the grill. Cook to an internal temperature of 120°-125°.

Slice the stuffed tenderloin onto a platter and garnish with more cherries and sauce, if desired.

If using steaks, slice a pocket into the side of each steak, stuff each pocket with stuffing. Press cut to seal or secure with toothpicks presoaked in water. Grill steaks until desired doneness.

**Note:** The tenderloin may also be butterflied, stuffed and tied back together with kitchen string. The tenderloin can also be roasted in the oven after stuffing it.

## Team Information

Division: **18 to 21**

State: **Arkansas**

Team Members:

**Sarah Connolly**, Rogers  
**Brandi Cromer**, Lamar  
**Haley Rieff**, Bentonville  
**Christine Taylor**, Lavaca  
**Madeline Taylor**, Lavaca  
**Elizabeth Williams**,  
Fort Smith

## Espresso Steak

4 CAB® ribeye steaks, cut 1¼ -in. thick

2 tsp. black pepper, coarsely ground  
1 tsp. chili powder

### Espresso rub:

¼ cup instant coffee or espresso powder  
2 tsp. finely grated lemon zest  
3 Tbs. sugar  
2 Tbs. sea salt  
2 tsp. garlic, powder or granulated

### Espresso sauce:

3 Tbs. melted butter  
2 Tbs. hot water  
1 tsp. instant coffee or espresso powder  
1 Tbs. molasses

Mix rub ingredients together. Rub may be stored in a tightly closed container in the refrigerator for up to one month.

Pat the steaks dry with paper towels, then sprinkle all over with the espresso rub; pat it in with fingertips. Let sit at room temperature for at least 30 minutes or up to 1 hour. Combine the sauce ingredients. Heat the grill and brush with oil. Grill the steak over high heat until darkly crusted, 3-4 minutes per side. Reduce heat to medium-low and grill for 3-4 minutes for medium doneness. Brush both sides with the espresso sauce as the steaks finish cooking over low heat. Transfer to a platter, cover loosely with foil and let rest for 5-8 minutes before serving.

Serve with spinach salad and pasta or potato salad.

## Team Information

Division: **18 to 21**

State: **Illinois**

Team Members:

**Gretchen Frost**, Tallula  
**Tera Moritz**, Piper City



# STEAK COMPETITION

## Worth Millions Beef Filets

4 8-oz. CAB® filets, sliced 1¾-in. to 2-in. thick  
Jim Baldridge's Secret Seasoning  
4 thin slices bacon

4 oz. Kraft® cream cheese spread with Parmesan,  
garlic and herbs  
2 Tbs. chopped cilantro

Lightly sprinkle both sides of each filet with the Secret Seasoning and gently rub it into the meat. Stir the chopped cilantro into the spreadable cream cheese. Cut a slit into the edge of each filet, cutting into the center, and stuff with the cheese mixture. Wrap each filet with a slice of bacon, placing the thickest part of the bacon over the slit; secure with a toothpick. Place on a hot grill for 6-8 minutes, turn, and grill to desired doneness. Steaks may be stuffed and refrigerated several hours before grilling.

**Note:** May be served with hand-mashed red potatoes, green bean casserole and salad.

### Team Information

Division: **18 to 21**

State: **Indiana**

Team Members:

**April Harris**, *Ridgeville*  
**Garrett Knebel**, *Winamac*  
**Adam Leeper**, *Argos*  
**Katelyn Wilson**, *Orleans*

## Grinch Steaks

4 CAB® ribeye steaks  
16 stalks cooked asparagus  
¼ cup cooked and chopped lobster or crab meat  
2 Tbs. cooking wine  
1 Tbs. tarragon vinegar  
1 Tbs. dry tarragon

2 shallots, chopped  
¼ tsp. pepper  
½ cup butter  
3 egg yolks  
pinch cayenne pepper

To make grinch oscar sauce, combine cooking wine, tarragon vinegar, dry tarragon, shallots and pepper in skillet. Boil rapidly until liquid is evaporated by half. Melt butter. Put egg yolks in blender with a pinch of cayenne pepper and tarragon mixture. Turn on and off a few times, then slowly pour in melted butter.

Pour over grilled steaks that have been topped with 4 asparagus stalks each and chopped lobster or crab meat.

Cook time for sauce: 5 minutes

### Team Information

Division: **18 to 21**

State: **Iowa**

Team Members:

**Bryanne Duckett**,  
*New Liberty*  
**Taylor Duckett**, *New Liberty*  
**Ashley Kuehn**, *Durant*  
**Caitlin Kuehn**, *Durant*  
**Lauren Schroeder**, *Clarence*

## Western Marinated Steaks

4 CAB® strip sirloin steaks  
1½ cup oil  
¼ cup soy sauce  
1½ Tbs. dry mustard  
2 tsp. salt  
1 Tbs. black pepper

½ cup Worcestershire sauce  
½ cup red wine vinegar  
1½ Tbs. dried parsley flakes  
3 cloves garlic, diced  
½ cup condensed lemon juice

Combine all ingredients and mix well. Marinate steaks in refrigerator for 8-12 hours. Bring steaks to room temperature before grilling.

### Team Information

Division: **18 to 21**

State: **Maryland**

Team Members:

**Jessica Clark**, *Rocky Ridge*  
**Brittany Full**, *Mount Airy*  
**James Full**, *Mount Airy*  
**Shelby Stabler**, *Gaithersburg*  
**Robert Velisek**, *Gaithersburg*  
**Trevor Whiteside**,  
*Queenstown*





# STEAK COMPETITION

## Black Angus New York Steak With Mesa Sauce

4 CAB® New York strip steaks, 10 oz. each	2 Tbs. freshly grated horseradish
olive oil	1 Tbs. honey
salt and pepper	1 Tbs. maple syrup
	1 Tbs. ancho chili powder
	1 Tbs. Dijon mustard
	salt and pepper to taste

### Mesa steak sauce:

1 cup ketchup

To prepare steaks, preheat grilling pan over heat until smoking. Brush steaks with oil, salt and pepper. Grill 4-5 minutes on each side; reduce heat once the first side is brown.

To prepare sauce, combine all ingredients for sauce in medium-size bowl. Whisk and season with salt and pepper.

Serve sauce over medium-rare steaks.

### Team Information

Division: **18 to 21**

State: **Missouri**

Team Members:

**Rachel Bartholomew**, *Archie*  
**Nathan Eagleburger**, *Buffalo*  
**Kathryn McDonald**, *Seneca*  
**Austin Sayre**, *Stotts City*  
**Caleb Sayre**, *Stotts City*  
**Cody Smith**, *West Plains*

## Philadelphia Freedom CAB Cheesesteak

2 lb. CAB® ribeye steak, very thinly shaved or sliced	¾ tsp. salt
3 fresh Amoroso's Italian rolls, split	¾ tsp. freshly ground pepper
¼ cup extra virgin olive oil	¾ lb. American or provolone cheese, thinly sliced,
1 tsp. minced garlic	or 6 oz. melted Cheese Whiz®

Preheat oven to 200° F.

Heat a griddle/skillet over medium-high heat. When hot, add a little oil, the garlic, salt and pepper. Cook, stirring for 30 seconds. Push off to one side of the griddle.

Add the meat to the hot pan and cook, stirring and breaking up with the back of two metal spatulas, until almost no longer pink, about 2 minutes. Mix in the sautéed vegetables. Top with cheese slices and let melt. Spoon the Cheese Whiz onto the warm buns and serve immediately with condiments of choice.

### Team Information

Division: **18 to 21**

State: **Pennsylvania**

Team Members:

**Alana Eisenhour**, *Wellsville*  
**Caitlin Fairbairn**,  
*Coatesville*  
**Ryan Fairbairn**, *Coatesville*  
**Brody Fitzgerald**,  
*West Grove*  
**Bryce Fitzgerald**,  
*West Grove*  
**Alysha Sweitzer**, *Wellsville*

## Teriyaki Finger Steaks

2 lb. CAB® boneless sirloin steak	1 Tbs. vegetable oil
½ cup low-sodium soy sauce	1 garlic clove, minced
¼ cup vinegar	½ tsp. ground ginger
2 Tbs. brown sugar	⅛ tsp. pepper
2 Tbs. minced onion	

Slice steak lengthwise into ½-in. strips; place in a large glass bowl. Combine all remaining ingredients; pour over meat and toss gently. Cover and refrigerate for 2-3 hours. Drain, discarding marinade. Loosely thread meat strips onto skewers. Grill over medium-hot coals, turning often, for 7-10 minutes or until meat reaches desired doneness. Remove from skewers and serve.

### Team Information

Division: **18 to 21**

State: **South Dakota**

Team Members:

**Sydney Geppert**, *Mitchell*  
**Andrew Rogen**, *Brandon*  
**Madison Styles**, *Brentford*  
**Matthew Tollefson**, *Clark*



# STEAK COMPETITION

## Christmas Kabobs

2 lb. CAB® center-cut sirloin	¾ cup soy sauce
1 large red bell pepper	¼ cup Worcestershire sauce
1 large green bell pepper	2 tsp. mustard
3 medium Vidalia® onions	2 tsp. salt
1 fresh pineapple	1¼ tsp. pepper
2 medium zucchinis	½ cup wine vinegar
	½ tsp. parsley
	2-3 cloves minced garlic
	½ cup lemon juice

### Marinade:

1½ cups canola oil

To prepare marinade, mix all marinade ingredients together. Reserve ½ cup of marinade for grilling. Place remaining marinade in a glass bowl. Add sirloin, vegetables and pineapple. Marinate for 2-3 hours.

To cook, cut sirloin into 1¼-inch squares. Wash and drain vegetables. Cut vegetables and pineapple in proportion to sirloin size. Alternate sirloin, vegetables and pineapple on skewers. Grill over hot coals 3-4 minutes per side. Brush with reserved marinade several times during grilling. Best if served while hot.

**Note:** If using wooden skewers, skewers should be soaked in water prior to grilling.

### Team Information

Division: **Adult**

State: **Georgia**

Team Members:

**Donnie Clark**, *Rochelle*

**Janice Clark**, *Rochelle*

**Doug Williams**, *Milan*

## Cranberry-Orange Stuffed Sirloin

2 lb. CAB® sirloin steak, cut 2-in. thick

### Marinade:

1 cup orange juice  
1 Tbs. minced garlic  
¼ cup oil  
1 tsp. salt  
½ tsp. black pepper

### Stuffing:

1½ cup fresh cranberries, coarsely chopped  
2 cups oranges, coarsely chopped  
½ cup pecans, chopped  
2 Tbs. brown sugar  
1½ Tbs. Worcestershire sauce

Mix marinade ingredients. Cut slit horizontally through steak, leaving ½ in. uncut to form pocket for stuffing. Place steak in marinade and marinate overnight.

Remove from marinade and fill with stuffing. Secure slit with toothpicks. Grill over medium heat approximately 20-30 minutes, turning occasionally. Remove from fire and place on platter. Cover with foil and let stand 10 minutes. Remove toothpicks and slice into ½-in. slices. Serve with green vegetable and roasted potatoes. This makes a good holiday meal. (Beef can be prepared in 350° F oven for about 1 hour.)

### Team Information

Division: **Adult**

State: **Illinois**

Team Members:

**Rachel Frost and**

**Illinois gang**, *Tallula*

**Certified Angus Beef LLC is a nonprofit subsidiary of the American Angus Association.  
It was founded in 1978 as the first fresh beef brand.**



# OTHER BEEF COMPETITION

## The Big Angus Burger

3 lb. CAB® ground beef or ground chuck  
6 slices bacon  
½ cup chopped pecans  
3 Tbs. chopped parsley leaves  
2 Tbs. grated onions  
4 Tbs. (½ stick) butter, softened  
salt  
freshly ground black pepper  
4 Tbs. butter, cut into small cubes  
4 oz. American cheese, cut into 6 portions  
1 cup mayonnaise  
½ cup yellow mustard  
¼ cup ketchup  
hot sauce  
2 Tbs. finely chopped pickled jalapeños  
12 hamburger buns  
6 lettuce leaves  
6 tomato slices  
6 onion slices

### Patty No. 1:

1½ lb. ground beef  
6 slices bacon  
1½ cup chopped pecans  
3 Tbs. chopped parsley leaves  
2 Tbs. grated onion  
4 Tbs. (½ stick) butter, softened

### Patty No. 2:

salt and freshly ground black pepper  
1½ lb. ground beef or ground chuck  
4 Tbs. butter, cut into small cubes  
4 oz. American cheese, cut into 6 portions

### Special sauce:

1 cup mayonnaise  
½ cup yellow mustard  
¼ cup ketchup  
hot sauce  
2 Tbs. finely chopped pickled jalapeños

To prepare patty No. 1, preheat broiler or grill. Divide ground beef into 12 flat patties. Partially sauté bacon — the fat should start rendering, but it shouldn't be crispy. Drain bacon. Mix pecans, parsley, onion and butter together. Spread mixture on 6 of the patties. Top with remaining 6 patties, seal the edges with the partially sautéed bacon and secure with a wooden toothpick. Broil or grill 10-15 minutes or until cooked to desired doneness, turning once.

To prepare patty No. 2, salt and pepper the beef to taste. Mix beef and cubed butter together with hands and form 6 balls. Push a piece of American cheese into the center of each ball. Mold ground beef around the cheese in the shape of a patty. Cook on hot grill or in skillet to desired doneness.

To prepare sauce, stir all ingredients together until blended well.

To serve, place one pecan burger on a bottom piece of 6 buns. Top with another bottom piece of bun and the butter burger. Top with sauce, lettuce, tomato, onion and a top piece of bun. Discard the remaining 6 top bun pieces or save them for another use.

Yield: 6 double burgers

## Team Information

Division: **9 to 13**

State: **Arkansas**

Team Members:

**Carson Alsop**, Gravette  
**Caitlin Haley**, Quitman  
**Haley Hipp**, Harrison  
**Taylor LaCour**, Berryville  
**Will Pohlman**, Prairie Grove  
**Katlyn Tunstill**, Fayetteville

CONTINUED ON PAGE 274

Integrity is built into the *Certified Angus Beef*® brand. It is the only brand that tracks every pound of meat from initial identification through sales to consumers, ensuring they get genuine CAB® products.



# OTHER BEEF COMPETITION

## Certified Angus Beef® in a Blanket

1½ lb. CAB® ground chuck	1 tsp. ginger
1 medium onion, finely chopped	1 carrot, shredded
1 tsp. oil	salt
1 Tbs. soy sauce	pepper
¼ cup hoisin sauce	2 green onions, chopped
¼ cup peanut butter	12 large whole iceberg lettuce leaves, washed and patted dry (do not tear)
1 tsp. minced garlic	
1 can (8 oz.) water chestnuts, drained and finely chopped	

1. In a skillet over medium-high heat, brown the ground chuck until cooked through and tender; do not fry. Drain and set aside.
  2. In the same skillet, sauté the onion until soft. Lower heat. Add carrot, garlic, ginger, salt and pepper to taste, water chestnuts, soy sauce, hoisin sauce and peanut butter; heat through, gently stirring, about 5 minutes.
  3. Add cooked ground chuck to the vegetable and sauce mixture. Gently fold or mix together; do not overstir.
  4. Arrange lettuce leaves on individual plates or on a large platter around outer edge, leaving center open. Pile meat mixture in the center of plate or platter. Sprinkle with green onion.
  5. Serve immediately, allowing each person to spoon portion of meat into lettuce leaf and wrap around like a burrito.
- Serves 12 as an appetizer or 4 as a main dish.

## Ultimate 'Shroom Burgers

3 lb. CAB® ground chuck	½ lb. smoked Gouda, grated
¼ cup cooking wine	3 Tbs. butter
8 cups sliced mushrooms	buns
salt and pepper, to taste	additional butter if desired

1. Season ground chuck with salt and pepper, portion into 8-oz. patties and grill to desired doneness.
2. Melt butter in a medium frying pan. Add sliced mushrooms and cooking wine, and cook for about 8-10 minutes over medium heat.
3. To assemble, top each burger with mushroom slices and grated Gouda cheese. Move to the top shelf of grill and close lid until cheese is soft and slightly melted.
4. Serve immediately on toasted buns.

## Summer Chili

2 lb. CAB® ground beef	1 can (29 oz.) tomato sauce
1 large sweet onion, coarsely chopped	3 Tbs. chili powder
2 sweet green peppers, coarsely chopped	2 tsp. sugar
2 large tomatoes, coarsely chopped [may substitute 1 can (30 oz.) chopped tomatoes]	salt and pepper to taste

Brown ground beef. Place ingredients in slow cooker in listed order. Cook on high for 2 hours; stir. Continue to cook (on high heat for 2 hours or on low heat for 4 hours).

### Team Information

Division: **9 to 13**

State: **Kansas**

Team Members:

**Caleb Flory**, Baldwin City  
**Quanah Gardiner**, Ashland  
**Johanna Lundgren**, Ottawa  
**Tucker Rayl**, Hutchinson

### Team Information

Division: **9 to 13**

State: **Missouri**

Team Members:

**Jacob Heimsoth**, Lathrop  
**Cole Houston**, Savannah  
**Chase Thummel**, Sheridan  
**Sydney Thummel**, Sheridan  
**Samuel Wallace**, Stotts City  
**DeAnn Warne**, Worth

### Team Information

Division: **9 to 13**

State: **Virginia**

Team Members:

**Mark Alexander**, Berryville  
**Morgan Alexander**, Berryville  
**Callie Eastin**, Gretna  
**Catie Hope**, Berryville  
**Mackenza Muncy**, Midland  
**Cameron Simmons**, Moneta





# OTHER BEEF COMPETITION

## Pesto-Stuffed Burgers

2 lb. CAB® ground chuck  
1/3 cup quick oatmeal  
2 tsp. salt  
1/2 tsp. black pepper  
1/2 tsp. granulated garlic  
8 tsp. prepared pesto sauce

4 Tbs. minced sun-dried tomatoes in oil  
1 cup shredded mozzarella cheese  
1/3 cup mayonnaise  
2 Tbs. prepared pesto sauce  
8 hamburger buns  
lettuce leaves, sliced tomatoes

Mix together ground chuck, oatmeal (helps the meat hold its shape on the grill), salt, pepper and garlic. Shape into 16 patties. Spread 1 tsp. pesto sauce, 1/2 Tbs. sun-dried tomatoes and 1-2 Tbs. cheese on eight of the beef patties. Top with the other eight patties and press edges together to seal. Grill over medium fire about 5 minutes per side.

Stir together the mayonnaise and 2 Tbs. pesto sauce and spread on top of buns. Place burgers on buns and cover with tops. Serve with optional garnish of lettuce and tomato slices. Fruit and pasta salad complete this meal.

### Team Information

Division: **14 to 17**

State: **Illinois**

Team Members:

**Jennifer Ewing**, *Rushville*  
**Emily Harrell**, *Roseville*  
**Andrea Hosto**, *Alhambra*  
**Gabrielle Lemenager**, *Clifton*  
**Caitlin McClure**,  
*Saint Francisville*  
**Kayla Widerman**, *Good Hope*

## Farmer's Market Vegetable, Beef and Brown Rice Salad

2 lb. precooked, sliced CAB® beef brisket  
2 tsp. olive oil  
4-6 asparagus spears, cut to make 2 cups of 2- to 3-in. pieces  
1 medium yellow squash, cut lengthwise in half, then crosswise into 1/4-in.-thick slices  
1 cup broccoli florets  
3 cups hot precooked brown rice  
1 large tomato, seeded and diced  
1 cup canned garbanzo beans, rinsed and drained  
1/4 cup fresh basil, thinly sliced

### Vegetable dressing:

1/4 cup olive oil  
2 Tbs. fresh lemon juice  
1 tsp. minced garlic  
2 Tbs. honey  
1 tsp. fresh thyme, chopped  
1/4 tsp. fresh oregano, chopped  
1/4 tsp. salt  
1 tsp. pepper

1. Combine dressing ingredients in small bowl. Warm; do not boil. Set aside 3 Tbs. dressing for the meat.

2. Heat 2 tsp. oil in large nonstick skillet over medium-high heat until hot. Add asparagus and squash; cook and stir 7-8 minutes or until tender-crisp. Toss with hot brown rice, tomatoes, beans, basil, salt and the dressing.

3. Heat brisket in microwave or in skillet, drizzling remaining dressing over meat. Carefully remove heated brisket, keeping slices intact.

4. Serve brisket slices over rice and vegetable salad.

Makes 4 servings. Your favorite in-season vegetables may be added or substituted. This quick, healthy, fresh salad is a complete summer meal.

### Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

**Jacinda Dickinson**, *Glasco*  
**Amanda Laas**, *Brookville*  
**Ashley Laas**, *Brookville*  
**Peter Lundgren**, *Ottawa*  
**Tyler Ottensmeier**, *McLouth*



# OTHER BEEF COMPETITION

## Tailgate Stew

1 lb. CAB® ground beef, browned  
1 envelope dry onion soup mix  
3 cups V8® juice (may use tomato juice or water)

1 can stewed tomatoes  
 $\frac{3}{4}$  pkg. dry macaroni or tortellini (any pasta may be substituted)

Mix all ingredients together and simmer for 20 minutes. This can also be made in a slow cooker. For slow cooker version, mix all ingredients except pasta. Put on low setting for 4-6 hours. Add pasta during the last hour to prevent pasta from getting too soft.

This recipe is very versatile. You may add as much tomato product as you wish, and you may add any form of pasta.

Serves 6.

### Team Information

Division: **14 to 17**

State: **Pennsylvania**

Team Members:

**Andrea Foore**, *Seven Valleys*  
**Logan Foore**, *Seven Valleys*  
**Fred Frey**, *Quarryville*  
**Kate Livingston**, *Dover*  
**Kyle Livingston**, *Dover*  
**Amanda Thompson**,  
*Wellsville*

## Mock Filets

1 lb. CAB® ground beef  
lemon pepper  
 $\frac{1}{4}$  cup Parmesan cheese  
3 Tbs. finely chopped olives

2 Tbs. finely chopped green pepper  
2 Tbs. finely chopped onion  
1 can (2 oz.) finely chopped mushrooms  
5 slices bacon, partially cooked

Pat hamburger into a 12-inch by 7 $\frac{1}{2}$ -in. rectangle on wax paper. Sprinkle with lemon pepper, salt and cheese. Combine olives, green pepper, onion and mushrooms. Sprinkle evenly on meat. Roll up like a jelly roll, starting at 7 $\frac{1}{2}$ -in. end. Cut into 1 $\frac{1}{2}$ -in. slices. Wrap with bacon and secure with toothpick. Broil or grill until cooked to desired doneness.

### Team Information

Division: **14 to 17**

State: **South Dakota**

Team Members:

**Taylor Geppert**, *Kimball*  
**Ann Kroupa**, *Kimball*  
**Chase Mogck**, *Olivet*  
**Calli Pritchard**, *Aurora*

## Slow Cooker Sloppy Joes

2 $\frac{1}{2}$  lb. CAB® ground chuck  
1 small onion, chopped  
 $\frac{1}{2}$  medium green bell pepper, chopped  
1 can (8 oz.) tomato sauce  
 $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  cup ketchup  
 $\frac{1}{4}$  cup brown sugar

2 Tbs. cider vinegar  
2 Tbs. yellow mustard  
1 Tbs. chili powder  
1 Tbs. Worcestershire sauce  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  cup all-purpose flour  
8 hamburger buns

Brown beef with onion and bell pepper over medium heat until beef is no longer pink. Place beef mixture in 4 $\frac{1}{2}$ -quart slow cooker. Stir in tomato sauce and next nine ingredients. Cover and cook on high for 4 hours. Serve on hamburger buns.

### Team Information

Division: **14 to 17**

State: **Virginia**

Team Members:

**Nathan Butler**, *Midland*  
**Shane Clary**, *Brodnax*  
**Dale Eastin**, *Gretna*  
**Casey Johnson**, *Nokesville*  
**Luke Muncy**, *Midland*  
**Adam Murray**, *Leesburg*



# OTHER BEEF COMPETITION

## Smoky Chipotle Carne

- |  |  |
|--|--|
| 2 lb. CAB® precooked, sliced brisket, cut into bite-sized pieces | 1 cup prepared salsa, divided                                |
| 1 cup sliced mixed red, green and yellow bell peppers            | 1 cup shredded cheese  |
| 1 Tbs. oil   | 2 large avocados, peeled and sliced                          |
| 1 can black beans, drained                                       | lemon juice (sprinkle on avocado slices to prevent browning) |
| 1 cup whole kernel corn, drained                                 | shredded lettuce   |
| 1 Tbs. finely chopped, canned chipotle pepper                    | sour cream   |
|  | 8 flour tortillas or 4 premade tortilla bowls                |

May be prepared in a microwave oven or stovetop skillet.

If preparing in a microwave: Using a microwave-safe bowl, omit oil and steam bell peppers with 1 Tbs. water in a small bowl or zip steam bag until tender. In bowl gently mix together corn, beans, chipotle peppers, ½ cup of salsa and brisket. Microwave until hot, add bell pepper. Toss together.

If you prefer to use stovetop: Heat oil in a skillet and sauté bell peppers until just tender. Add corn, beans, chipotle peppers, ½ cup salsa and brisket. Heat through.

Serve in warm tortilla as a wrap or in warm tortilla bowls as a salad. Garnish with avocado, cheese, lettuce, sour cream and salsa.

Serves 4.

### Team Information

Division: **18 to 21**

State: **Kansas**

Team Members:

**Clinton Laflin**, *Olsburg*

**David Lundgren**, *Ottawa*

**Kyleigh Santee**, *Langdon*

## CAB Cakes

- |   |   |
|---|---|
| 8 oz. precooked CAB® shredded beef, reserving 1-2 Tbs. of the beef juices | 1 tsp. minced garlic                    |
| 1 cup crushed buttery round crackers                                      | 1 tsp. Tony Chachere's Creole seasoning |
| ¼ cup green onion, chopped  | ¼ tsp. pepper                           |
| 1 egg   | 1 Tbs. chopped parsley                  |
| 3 Tbs. mayonnaise   | 1 tsp. dried thyme leaves               |
| 4 tsp. lemon juice  | 1 Tbs. butter                           |

1. In a medium bowl, whisk together egg, mayonnaise, lemon juice, 1 Tbs. beef juices and all other seasonings; mix well. Stir in shredded beef. Gradually add cracker crumbs to desired consistency to form patties that will hold together.

2. Heat butter in a skillet over medium heat. Form beef mixture into 4 patties. Place patties in skillet, and cook until golden brown, about 5-6 minutes, on each side.

Yields 4 servings or may be used as appetizers by making smaller patties.

### Team Information

Division: **18 to 21**

State: **Louisiana/Mississippi**

Team Members:

**Emma Collins**, *Morton, Miss.*

**Daniel McFarland**,

*Keithville, La.*

## Santa's Favorite Barbecue

- |  |                             |
|--|-----------------------------|
| 3 lb. precooked CAB® shredded beef in juices | ¼ cup mustard               |
|  | 2 Tbs. vinegar              |
| <b>Sauce:</b>                                | 1 Tbs. liquid smoke         |
| 3 cups ketchup                               | 2 Tbs. Worcestershire sauce |
| ½ cup brown sugar                            | ½ tsp. cayenne pepper       |
| ½ cup molasses                               |                             |

Combine sauce ingredients and heat. Add shredded beef and serve on your favorite bun. You can also just warm the beef by itself and serve the sauce on the side.

Makes approximately 12 servings at ¼-lb. of meat per person or 9 servings at ½-lb. of meat per person.

### Team Information

Division: **18 to 21**

State: **Montana**

Team Members:

**Allison Dubs**, *Billings*

**Kyla Olson**, *Saint Ignatius*

**Jena Wagner**, *Billings*

**Jordyn Wagner**, *Billings*

**Travis Winters**, *Joliet*

CONTINUED ON PAGE 278



# OTHER BEEF COMPETITION

## Blue Cheese Brisket

4 lb. precooked CAB® smoked brisket, flat sliced      2 Tbs. prepared chopped garlic  
2 cups chopped shallots  
**Blue cheese topping:**      2 cups red bell pepper, finely diced  
2 cups blue cheese crumbles  
1/4 cup Italian salad dressing      salt  
1/4 cup virgin olive oil      pepper  
8 strips hickory-smoked bacon, cooked and crumbled

Remove beef from refrigerator. Open package, and allow to warm to room temperature while preparing topping. Have grill hot.

In bowl, add Italian dressing, olive oil, crumbled bacon, garlic, shallots and pepper. Toss well. Heat electric skillet to 350°-400° F. Dump bowl ingredients into skillet. Stir and heat until peppers and shallots start to soften, approximately 5 minutes. Remove from skillet, draining excess oil with slotted spoon, return to bowl. Immediately add blue cheese. Toss well, adding salt and pepper as needed.

Place brisket on hot grill for 3-4 minutes, turning once. Remove meat from grill directly onto serving plates, placing 3-4 slices of meat on each plate. Spoon heaping spoonfuls of topping onto meat.

Serve with corn-on-the-cob and new potatoes.

### Team Information

Division: **18 to 21**

State: **Nebraska**

Team Members:

**Jessica Clowser**, Milford  
**Ellen Hoffschneider**,  
Arlington  
**Kellen Jorgensen**, Exeter  
**Klaire Jorgensen**, Exeter  
**Jara Settles**, Hoskins  
**Claire Volk**, Bennington

## Summertime Chili

2 lb. CAB® ground beef, browned      1 can (29 oz.) tomato sauce  
1 large sweet onion, coarsely chopped      3 Tbs. chili powder  
2 sweet green peppers, coarsely chopped      2 tsp. sugar  
2 large tomatoes, coarsely chopped [may      salt and pepper to taste  
substitute 1 can (30 oz.) chopped tomatoes]

Brown ground beef. Place ingredients in slow cooker in listed order. Cook on high heat for 2 hours; stir. Continue to cook (on high heat for 2 hours or on low heat for 4 hours).

### Team Information

Division: **18 to 21**

State: **Virginia**

Team Members:

**Garrett Johnston**, Staunton  
**Kateland Rich**, Casanova  
**Christopher Terembes**,  
Charlottesville  
**Lindsey White**, Staunton

## 1983 COOK-OFF ALUMNI

### Junior team entries:

**Wisconsin** — Mary Ellen Shaw, Ann Margaret Shaw, Cindy Boehlke — winner, meat dish

**Iowa** — Bonnie Swanson, Eileen Gannon, Holly Olson, Lori White — winner, showmanship

**Oklahoma** — Stacey Drake, Tiffany Sewell, Allen Jobes, Michael Frey

**Missouri** — Jimmy Pipkin, Lee Ann Sydenstricker, Andy Kapp, Julie Frisbee

**California** — Rick Blanchard, John Toledo, Fred Harrison, John Hess

**Northwest** — Julie Coonrad, Wash.; Kelly Coonrad, Wash.; Geri Grieb, Ore.; Donald Callison, Idaho

**Nebraska** — Darla Peterson, Ty Uden

**Oregon** — Cathy Wiser, Julie Wiser, Cindy Tetric

**Arkansas** — Kelli Crossland, Leslie Morelock, Cindy Dobbs, Charles Hall

### Adult team entries:

**Nebraska** — Connie Uden

**Iowa** — Mary Ann Vaassen

**Iowa** — Marilyn Schlutz

**Louisiana** — Paul St. Blanc — winner, meat entry & showmanship

**Distinguished adult:** George Pfander

**Guest entry:** Paul Vaassen